

PHUKET LOBSTER WITH GREEN TEA AND BLOOD ORANGE



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Narubet ChaoPanich



Warud Wacharapunyanoon



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- Sub Category Name
Combo
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



t-Series Moroccan
Mint Green Tea

Ingredients

PHUKET LOBSTER WITH GREEN TEA AND BLOOD ORANGE

Green Tea Soft Ball

- 1 tsp Dilmah Moroccan Mint Green Tea
- 1 cup water
- 1 tsp sodium alginate
- 1 cup water
- 1 tsp calcium chloride

Blood Orange Sabayon

- 50g clarified butter
- 20g white wine vinegar
- 75g shallot
- 450g white wine (dry)
- 260g blood orange juice
- 48g egg yolk
- 62g unsalted butter, melted

Methods and Directions

PHUKET LOBSTER WITH GREEN TEA AND BLOOD ORANGE

Green Tea Soft Ball

- In a small saucepan, add sodium alginate with green tea and water. Whisk before turning on the heat.
- Bring the mixture to a boil and simmer for one minute. Remove from the heat and strain. Let it cool.
- Combine water and calcium chloride in a bowl, stirring well to dissolve.
- Drip the alginate mixture into the calcium bath. Leave it for a little while to form the balls. Spoon it out, dip in clean water. Remove from water and set aside till needed.

Blood Orange Sabayon

- To make the sabayon, first in a pan reduce butter, white wine vinegar and shallots to 120g.
- Combine white wine and blood orange juice and reduce to 30g.
- In a glass or stainless steel bowl, whisk the eggs, butter, the shallot reduction and the blood orange reduction.
- Place the bowl over a pot of simmering water, and whisk constantly, until everything dissolves and the sauce begins to thicken.
- The bottom of the bowl shouldn't touch the water or the eggs may get too hot.



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